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HIGH PROTEIN LOW CARB DIET: LOSE WEIGHT EFFORTLESSLY PERMANENTLY (PAPERBACK)



Createspace, United States, 2012. Paperback. Book Condition: New. 202 x 134 mm. Language: English . Brand New Book ***** Print on Demand *****.If you re trying to lose weight for the first time (or for a long time now), this may be the most important book you ll ever read. The High Protein Low Carb diet has been proven to help thousands of average people like you lose weight and achieve the body shape (and health) that will make your...

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- Authored by Jennifer Jenkins
- Released at 2012



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